

Table 1. Demographic characteristics of the study population	
Age (years)	18-24
Gender	Male
Marital status	Married
Education	High school
Occupation	Unemployed
Religion	Islam
Family size	2-3
Income (TL/month)	1000-1500
Health status	Healthy
Smoking status	Non-smoker
Alcohol consumption	No
Physical activity	Low
Dietary habits	High fat, low fiber
Stress level	High
Sleep pattern	Irregular
Family history of hypertension	No
Previous hypertension diagnosis	No
Medication use	No
Comorbidities	No
Duration of study	12 months
Study location	Urban area
Season	Spring
Weather conditions	Mild
Time of day	Morning
Measurement site	Community center
Measurement device	Automated sphygmomanometer
Measurement protocol	Standardized
Measurement frequency	Weekly
Measurement duration	5 minutes
Measurement accuracy	High
Measurement reliability	High
Measurement validity	High
Measurement precision	High
Measurement sensitivity	High
Measurement specificity	High
Measurement repeatability	High
Measurement reproducibility	High
Measurement consistency	High
Measurement comparability	High
Measurement interoperability	High
Measurement portability	High
Measurement scalability	High
Measurement flexibility	High
Measurement robustness	High
Measurement security	High
Measurement privacy	High
Measurement integrity	High
Measurement availability	High
Measurement reliability	High
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Measurement flexibility	High
Measurement robustness	High

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Class	Subclass	Date	Examiner

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